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## Support Yourself

Many people do not lose because of the criticism of the world…

They lose because of the doubt within themselves.

When you say —

“I don’t have talent…”

“I can’t do it…”

“It’s too late for me…”

Then remember…

That voice is not the truth, it is fear speaking.

Just as you encourage your friend in difficult times,

Encourage yourself once and say —

“I can learn.”

“I can move forward.”

“I can start again.”

Let go of the doubt that pulls you down,

Become the support that pushes you ahead.

Whether the world believes in you or not,

If you believe in yourself…

Even the impossible can become possible.

Remember —

Do not doubt yourself, support yourself… because your greatest strength is you.